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AN EXERCISE TO BLOCK OUT NEGATIVITY

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Malorie Mackey is an actress, host, and writer living in Los Angeles, CA. Malorie's first book was published in 2017 and her short story "What Love Has Taught Me" has been published in the anthology "Choices." You can find Malorie's travel content on dozens of digital media platforms. Check out www.maloriesadventures.com for more. Malorie's adventures don't just encompass physical adventures. She has been a student of intuition since she was a teenager, studying at Edgar Cayce's A.R.E. In 2019, Malorie discovered the Monroe Institute while filming her travel show. Since then, she has been studying the art and science of consciousness through many different programs and life experiences.

Have you ever experienced being on the receiving end of negative energy directed at you? Whether it's to your face or behind your back, I believe that what's sent out does ultimately return to the sender. I also believe that negative energy and intentions targeting someone can impact their life, too. So, I consider it important to protect yourself when you feel negativity happening around you.

Recently, I've felt waves of negativity coming at me, both directly to my face and behind my back, so I've made it a part of my routine to conduct a small exercise each day (or at least when I'm not feeling my best) to block out that negativity, heal, and protect myself going forward. Here's the routine that I've created for myself, and I hope it can help you at times when you feel you may be attacked or have negativity directed your way.

For this, I like to use the timer section of my Expand app set to Focus 12. Sometimes, I add the sound of rain for background noise; other times, I keep it silent.

I begin my meditation as I do for each exercise: I breathe. I inhale, seeing a great white light of positive energy come into me with my breath, and then I exhale, seeing any tension and negativity I may be holding release with that breath. After breathing for several minutes and just focusing on the breath, I begin visualizing myself moving up to Focus 12. I always conduct my preparatory process, and specifically when I'm feeling attacked, I visualize my REBAL—a step I consider important when dealing with such circumstances.

Next, as I get to Focus 12, I see a big healing rose quartz crystal—similar to the one at the Monroe Institute—and I touch it. As I inhale, I visualize it sending healing energy throughout my body. With each inhale, I see my REBAL (or a white light surrounding me) grow. I visualize inhaling the healing white light, and as I exhale, I expand it around me like a protective snow globe, fortifying my REBAL and keeping a protective layer of energy around me that deflects any negativity or ill intent.

I do this for several minutes, inhaling the healing energy and seeing it fill and brighten spots in me that may need healing, and expanding it to fortify and strengthen that snow globe of bright light around me. I see it getting stronger and stronger until it radiates a mesmerizing, impenetrable glow.

Other times, I set my background noise in the Expand app to rainfall, and visualize this gentle, healing rain caressing my body, allowing it to heal any areas that need healing. I visualize the rain adding a level of protection, fortifying my REBAL or white light I have around myself. There are many visualizations you can do to feel protected and strong, so feel free to play until you find what works best for you.

After I finish this meditation, I feel fortified, empowered, motivated and protected to take on the day. It's surprising the effect a practice like this can have in shielding you against many of the negative elements that your day might throw at you.